



# Pentagon Fit To Win Program



## July 2004 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
2	Debrief/Advanced Exercise Lecture	1000-1130
6	Women's Health (1 of 3)	1100-1200
6	Preventing Running Injuries	1200-1300
7	Eat To Win (1 of 2)	1100-1200
7	Quit To Win (1 of 4)	1200-1300
9	Debrief/Advanced Exercise Lecture	1000-1130
12	Cholesterol Reduction	1100-1200
12	Self Change	1200-1300
13	Women's Health (2 of 3)	1100-1200
13	Stress Management	1200-1300
14	Ultimate Upper Body	1100-1200
14	Quit To Win (2 of 4)	1200-1300
16	Debrief/Advanced Exercise Lecture	1000-1130
19	Hypertension	1100-1200
20	Women's Health (3 of 3)	1100-1200
20	Preventing Running Injuries	1200-1300
21	Eat To Win (2 of 2)	1100-1200
21	Quit To Win (3 of 4)	1200-1300
23	Debrief/Advanced Exercise Lecture	1000-1130
26	Meal Planning	1100-1200
26	Back Basics	1200-1330
27	Men's Health	1100-1200
27	Self Care	1200-1300
28	Lower Body Lessons	1100-1200
28	Quit To Win (4 of 4)	1200-1300
30	Debrief/Advanced Exercise Lecture	1000-1130

Check out our website: [www.narmc.amedd.army.mil/dilorenzo](http://www.narmc.amedd.army.mil/dilorenzo)  
For emotional concerns and support call the Stress Mgmt Team at 692-8878

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.  
Call 692-8898 to register